



**Sunday 6 October 2019**



## **Marathon - Essential Event Information**

### **When and where will the race be held?**

The Standard Chartered Jersey Marathon will be held on Sunday 6 October 2019. The start and finish point is at Weighbridge Place, St Helier. The Marathon starts at 09.00hrs, the Relay Race at 09.30hrs and the 3k Fun Run starts at 10.00hrs

### **Will the Marathon and the Relay Race start at the same time?**

No. There will be a 30-minute gap between the start of the two races. The Marathon starts at 09.00hrs and the Relay Race at 09.30hrs.

### **Where is the Marathon Village?**

The Marathon Village is located at Weighbridge Place, St. Helier. Please see a map on the following link: <https://www.google.co.uk/maps/search/weighbridge+jersey/@49.182403,-2.1090998,18z>

### **Where do I collect my race pack?**

Please note that we do not post race packs to runners, runners must collect their race packs from Registration, which is located in the Marathon Village. Registration is open at the following times:

Thursday 3<sup>rd</sup> October - 10:00-16:00

Friday 4<sup>th</sup> October – 10:00-16:00

Saturday 5<sup>th</sup> October – 10:00-21:00 (extended hours for Overseas Competitors)

### **Runners Seminar**

We are pleased to announce this year we will be holding a FREE seminar at 11am and 2pm. A panel of experienced speakers will give a short talk/tips on their specialist field and offer a Q&A session. The speakers are Susan Burry, Bryan Wilkins and Graham Richards. Please visit: <http://www.jersey-marathon.com/runner-essential-event-information> for more information on the speakers.

### **Is there a warm up?**

No. Marathon runners do not have a warm up session and will need to warm up themselves.

### **Where does the race number go?**

You must pin your race number on the front of your race top. Safety pins will be available for collection when you pick up your race pack at Registration.

### **Are you allowed to alter your race bib?**

It is against the rules of the race to amend your race bibs in anyway, if you do amend your race bibs runners may face disqualification. This year race bibs will be a standard size and measure 220mm width X 210mm height, please ensure your race outfits will allow your race bib to fit comfortably on your front of your race top.



### Will I be able to tell if a runner is doing the Marathon or the Relay Race?

Yes. Marathon runners have numbers with a blue background. Relay Race Runners have numbers with a yellow background and "Relay Race" written above the number.



### Which side of the road do I run on?

Runners **MUST** stay on the left hand side of the road unless directed otherwise by the Police or by a Race Official. Your safety is paramount and failure to comply with this rule will not only put yourself and others at risk but will also potentially lead to your disqualification from the race as per Rule 215 of the UKAA.

### What do I do if I have to drop out?

If you have to drop out of the race for any reason please contact the nearest Race Official marshal. If you need medical assistance they will arrange this. It is vital that you let us know that you will not be completing the course and that you are fine.

### How are times recorded?

Times will be recorded in two ways – Gun Time and Chip Time.

- ❖ The Gun Time is the time from the sound of the starter's signal to the time when the runner crosses the finish line. Also known as the Official Time.
- ❖ The Chip Time is the time from when the runner crosses the starting mats at the start line, to the time when the runner crosses the finishing mats.

These two times will vary. To find out more about how ChampionChip® works go to [www.championchip.com](http://www.championchip.com).

This year, you will also have your split times recorded when you pass the timing mats at each of the relay stations around the course.

### Where do I attach my chip?

You must attach your chip to your ankle using the strap provided, failing that runners can attach the chip to the shoelaces. The chip needs to be close to the ground so that the timing mat can pick up the chips signal at the start and finish of the race. Please remember to remove your chip and deposit it in the collection buckets after the finish line.





**How are winners determined?**

Gun time is the Official Time and all awards are based on Gun Time.

This is based on the International Associations of Athletics Federations (IAAF) Road Race Handbook, an excerpt explains the decision: "For road races and road walking events, the official time will be the time elapsed between the start gun and the athlete reaching the finish line. However, if an athlete crosses the start line after the start gun, his time elapsed between the start and finish line can be made known to the athlete but will not be considered as official time. The order in which athletes reach the finish line will be considered as the official finish position."

**Will my time be on the website?**

Yes. Chip times will be published on the website within 48hrs of the race.

**Can I run with my headphones/earphones in?**

Headphones/earphones that sit in or over the ear remain against the rules of UK Athletics and therefore are not allowed on the Jersey Marathon course. This is for your safety, as the race is not on entirely closed roads. If you are listening to music you may not hear traffic or the instructions of the Police and Race Officials. This is clearly stated in the Official Race Rules and you may face disqualification if you do wear such equipment, as this is not covered in the event insurance policy. Police and marshals are instructed to remind you to remove any headphones, so please respect their actions. Any reported mistreatment of marshals from runners will likely lead to disqualification.

UK Athletics recent update on rule number 240 S5 – Headphones that work by conduction sound through bones and do not sit in the ears are acceptable. Hearing is not affected as the ears are not blocked, based on this rule updates the Jersey Marathon will permit bone conducting headphones.

**Can I rollerblade or cycle during the race?**

No. No wheeled transport is allowed on the course. The Official Race Rules outline the details of what is permitted.

**Can my friends follow me on their bikes?**

No. This is against UK athletics rules and therefore runners who are being followed by friends on bikes could face disqualification from the race.

**Can I bring along my dog to run with me?**

Pets are not allowed on the course.

**Will there be medical assistance?**

Yes. St John's Ambulance are supporting the event and will have two ambulances and a paramedic around the course. There will also be a static First aid post at Les Quennevais and Finish line. There is also a Doctor on the finish line.

**Will there be water stations round the course and where?**

Yes. There will be twelve water stations at regular intervals along the course providing Abbey Wells 250ml bottled water. You can download the course map [from https://www.jersey-marathon.com/runners-info/the-course](https://www.jersey-marathon.com/runners-info/the-course). This has details of all water stations.

**What fueling options will be provided at a water station?**

Powerade will be available from water station 4 onwards and at the finishing line. In addition, Jelly babies and bananas will be provided.

Full fueling station information –

<http://www.jersey-marathon.com/media/2019%20docs/Water%20station%20-%20Runner%20comms%202019.pdf>



**Are there toilets on the course?**

Yes. There are toilets at the start and finish of the race and at each Relay Race change over point. Additionally, there are a number of public toilets around the course.

**What are the race categories?**

There are a number of race categories and prizes being awarded, detailed as follows:

❖ Open Male	1st, 2nd, 3rd
❖ Open Female	1st, 2nd, 3rd
❖ Fastest Channel Islander	Male/Female
❖ Fastest Jersey Runner	Male/Female
❖ Master Male 40+	1st, 2nd, 3rd
❖ Master Female 40+	1st, 2nd, 3rd
❖ Male Age Group – 40-49, 50-59, 60+	1st
❖ Female Age Group – 40-49, 50-59, 60+	1st

**Notes: The winners (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>) of the ‘Open Male’ and ‘Open Female’ will be excluded from winning any prizes in the ‘Masters’ or ‘Age Group’ categories**

**When will the prizes be given out?**

Prizes for the Marathon and Relay Race will be awarded at 15:00hrs at a prize giving to be held in the Marathon Village marquee. All Industry cups will be awarded the week after the event. The 3K Fun Run prizes will be awarded at approx. 10:45hrs at the BBC Radio Jersey Stage in the finish area.

**Where do I leave my bag?**

You can leave your bag in the designated area at the start of the race. There will be a clearly marked area inside the Marathon Village next to the Information desk – look out for ‘Runners Bag Drop’ signs. Please mark the bag clearly with your race number and do not leave any valuables in the bag. The organisers cannot accept any responsibility for bags left in their care.

Those bags that are not collected on Race Day will be taken to Standard Chartered’s office at 15 Castle Street and will be available for collection from Monday afternoon.

**Will there be changing areas and shower facilities?**

There will be changing facilities within the Marathon Village that are open from 08:00 and shower facilities at St Helier Marina. The shower facilities will be open between the hours of 10:00 – 15:00. You will find them a short walking distance from the finish line.

**Will there be massage therapists available after the race?**

Yes. There will be massage therapists from Orchard Chiropractic Centre available within the Marathon Village from 11.00.

**What parking facilities are available?**

All town car parks will be available as normal. It is anticipated that traffic will be busy on the morning of the race, so please leave sufficient time to get into town, parked and to the start of the race.

**Are the roads on the course going to be closed?**

Not all of them. The roads in town will be closed during the start of the race and the St Aubin’s inner road will be closed up to Mont Felard between approximately 08.45hrs and 10.45hrs. On other areas of the course the Honorary Police will control traffic to minimise the impact on the runners and to ensure that the race is safe for participants and the public alike.

Please look on [www.jersey-marathon.com](http://www.jersey-marathon.com) nearer to race day as a full list of road closures will be available.

This means you will be running with the traffic for much of the course. Please ensure that you stay aware of the traffic and follow the instructions of the Honorary Police and the Race Officials – they are there for your safety.



**When do I receive my goodie bag?**

You can collect your goodie bag after the race from the Information Tent in the Marathon Village. This will include your t-shirt, commemorative medal, beer and burger voucher and other useful and fun items!

**What do I do with my sponsorship money?**

Please bring your sponsorship money in the form of a cheque, made payable to 'The Jersey Marathon Trust', with you to Registration when you collect your race pack.

If you are unable to collect your sponsorship money by Race Day, please arrange for a cheque made payable to 'The Jersey Marathon Trust' to be sent to the Race Organisers, Standard Chartered Jersey Marathon, C/O 3D Events, 1 Waterloo Street, St Helier, JE2 4WT.

**Good Luck!**

**Join us on Strava on race day!**

[https://www.strava.com/segments/standard-chartered-jersey-marathon-20732163?utm\\_campaign=segment\\_share&utm\\_content=20732163&utm\\_medium=widget&utm\\_source=www.jersey-marathon.com](https://www.strava.com/segments/standard-chartered-jersey-marathon-20732163?utm_campaign=segment_share&utm_content=20732163&utm_medium=widget&utm_source=www.jersey-marathon.com)